

Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (50) Persóligt met: 04:37.87 AQUA stig: 615 Dagfest: 2023-07-09 Stevna: Nordic Age Group Championships 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
05:01.82	480	Finala	2023-01-14	SuSvim Open Jan 2023
04:57.59	501	Finala	2022-04-02	SuSvim Open apríl 2022
04:55.87	510	Finala	2021-04-10	SuSvim Open Apríl 2021
04:53.90	520	Finala	2021-07-10	JM-FM á Langgeil 2021
04:53.85	521	Finala	2021-07-10	JM-FM á Langgeil 2021
04:52.45	521	Finala	2024-01-28	Reykjavík International Games - Swim Meet 2024
04:53.37	523	Finala	2021-06-12	Atlantic Open 2021
04:52.48	528	Finala	2023-06-17	JM-FM á Langgeil 2023
04:52.01	530	Finala	2022-04-24	Atlantic Open 2022
04:50.10	534	Finala	2024-05-11	FM & JM á langgeil 2024
04:51.14	535	Finala	2024-01-13	SuSvim Open jan 2024
04:50.77	537	Finala	2022-06-05	JM-FM á Langgeil 2022
04:50.33	539	Finala	2023-05-20	SuSvim Open Mai 2023
04:49.02	540	Finala	2024-05-11	FM & JM á langgeil 2024
04:49.74	543	Finala	2022-06-05	JM-FM á Langgeil 2022
04:48.06	552	Finala	2023-01-29	Reykjavik International Games - Swim Meet
04:45.67	567	Finala	2022-07-10	Nordic Age Group Championships 2022
04:42.77	576	Finala	2024-04-11	Danish Open
04:42.74	584	Finala	2023-06-17	JM-FM á Langgeil 2023
04:37.87	615	Finala	2023-07-09	Nordic Age Group Championships 2023